



## TRAINING PLAN

# Ironman 70.3: six weeks to race day

Reach the start line in peak condition, with this six-week plan from coaching editor **Phil Mosley**

**T**his six-week training plan is designed to get you in prime race shape for an Ironman 70.3. It follows on from a plan we published back in Issue 63 in January, which gave you an outline of your winter training for this race distance. It's not a problem if you didn't see it, though. Providing you've spent at least 12 weeks gradually building up towards the 1.9km swim, 90km bike and 21.1km run of a middle-distance race, you're well placed to start these final six weeks of training.

At this stage of your training it's important to focus on race-specific workouts. For example, there are only two bike sessions per week, which may not seem like an awful lot for a relatively long race distance. However, with only six weeks to go it's not worth padding your training out with social or recovery workouts. Stick to two high quality bike rides per week so you'll still have enough energy to hit the other workouts hard.

The aim of all this is to build your confidence and ability to cover the race distance at your approximate

**?**  
IS THIS PLAN  
FOR YOU?

**Goal**  
To get you to the 70.3 start line in peak condition

**Timescale**  
6 weeks

**Start Point**  
Cycle 45 miles  
Run 10 miles  
Swim 1.5km

**Level**  
Intermediate to advanced

Ironman 70.3 pace. You should use this period as an opportunity to practise your nutrition and try out your race kit. It's also a good time to think about your pacing strategy for the race, based on what you can actually do in training (rather than what you wish you could do).

You can swap the days around if it helps you fit things around your job, family or social life. However, the longer sessions will take 48 hours to recover from so try not to schedule two big workouts on consecutive days. If you feel excessively tired, take it easy for a few days. Keep your head and let your body recover – it'll be the best thing for you.

For simplicity's sake the swims are given as main set only. In addition you should incorporate a warm-up of around 600m and a warm-down of 400m. This should include front crawl, drills, backstroke and kicking. Although we have provided you with swim sets to follow, attending a coached group is nearly always more effective than swimming alone.

One last thing before you start: please check out the Key and Training Zones sections to the left, so you know what the abbreviations mean and what intensities to train at.

## 6 WEEK PLAN TRAINING ZONES GUIDE

| DESCRIPTION                   | HEART RATE (%MAX) | RPE 1-10 | ACCUMULATED | INTENSITY         |
|-------------------------------|-------------------|----------|-------------|-------------------|
| <b>21</b> Recovery            | 55-70             | <2       | 1-6hrs      | Easy              |
| <b>22</b> Endurance           | 70-75             | 2-3      | 1-3hrs      | Steady            |
| <b>23</b> Tempo               | 75-80             | 3-4      | 50-90mins   | Comfortable       |
| <b>24</b> Threshold           | 80-88             | 4-6      | 10-60mins   | Uncomfortable     |
| <b>25</b> Vo <sub>2</sub> max | 89-100            | >7       | 12-30mins   | Hard to very hard |

### KEY

WU Warm up, MAIN Main set, WD Warm down, FC Front crawl, PULL Front crawl with a pullbuoy float between thighs, KICK Kick with a float held out in front, SECS seconds, Z1 Training Zone 1, Z2 Training Zone 2 Z3 Training Zone 3, Z4 Training Zone 4, Z5 Training Zone 5, DRILL Your preference of swim technique drill, BUILD Do each rep slightly faster than the previous, BACK Backstroke, BREAST Breaststroke



|        | DAY  |                        | ESSENTIAL WORKOUT  |                | OPTIONAL WORKOUT  |
|--------|------|------------------------|--|----------------|---|
| WEEK 1 | Mon  | Swim (endurance)       | 2x250m FC as (100m Z2, 50m Z4, 100m Z2) +30secs, 4x150m PULL as (50m Z2, 50m Z4, 50m Z2) +20secs, 2x100m FC as (25m Z2, 50m Z4, 25m Z2) +15 secs       | Core stability | Pilates class or core stability workout                                       |
|        | Tue  | Bike (speed endurance) | WU 15mins in Z2 MAIN 90mins alternating (5mins in Z3 to Z4, 5mins in Z2) WD 15mins in Z2   |                | RECOVERY  |
|        | Wed  | Swim (recovery)        | MAIN 3x150m FC Z2 +10secs rests, 100m KICK Z4, 3x150m FC Z3 +15secs, 100m KICK Z2, 3x150m FC Z4 +30secs  | Run            | Run for 35mins mainly in Z2 but after 15mins sprinkle in 3x60secs in Z4 to Z5 |
|        | Thur | Run (endurance)        | WU 30mins in Z2 MAIN 45mins at IM 70.3 pace (Z3) WD 30mins in Z2   | Core stability | Pilates class or home core-stability workout                                  |
|        | Fri  |                        | RECOVERY   | Stretch        | Stretch for 30mins  |
|        | Sat  | Bike to Run            | Bike 2hr 30mins in low Z3 straight into run 30mins in Z3. Consume 300 calories per hour  |                | RECOVERY  |
|        | Sun  | Swim (open water)      | Swim 2.5km open water. Include 3x500m at IM70.3 pace   |                | RECOVERY  |
| WEEK 2 | Mon  | Swim (endurance)       | MAIN 200m FC Z4 +30secs rest, 2x200m PULL Z2 +20secs, 200m FC Z4 +30secs, 400m PULL Z2, 200m FC Z4 +30secs, 4x100m PULL Z2 +10secs                     | Core stability | Pilates class or home core-stability workout                                  |
|        | Tue  | Bike (speed endurance) | WU 15mins in Z2 MAIN 90mins alternating (10mins in upper Z3, 5mins in Z2) WD 15mins in Z2  |                | RECOVERY  |
|        | Wed  | Swim (recovery)        | MAIN 400m FC Z1, 100m KICK Z1 +60secs rest, 400m PULL Z2, 100m KICK Z1 +60secs rest, 400m FC Z3, 100m KICK Z1 +60secs rest, 400m PULL Z4, 100m KICK Z1 | Run            | Run for 40mins mainly in Z2 but after 15mins sprinkle in 2x2mins in Z4        |
|        | Thur | Run (endurance)        | WU 30mins in Z2 MAIN 3x15mins at IM 70.3 pace (Z3) +3mins recoveries in Z1 WD 25mins in Z2   | Core stability | Pilates class or home core-stability workout                                  |
|        | Fri  |                        | RECOVERY   | Stretch        | Stretch for 30mins  |
|        | Sat  | Bike to Run            | Bike 2hrs 30mins in low Z3 straight into run 30mins in Z3. Consume 300 calories per hour   |                | RECOVERY  |
|        | Sun  | Swim (open water)      | Swim 2.5km open water. Include 1km at IM70.3 pace  |                | RECOVERY  |
| WEEK 3 | Mon  |                        | RECOVERY   |                | RECOVERY  |
|        | Tue  | Bike                   | WU 30mins in Z2 MAIN 30mins in Z3 WD 30mins in Z2  |                | RECOVERY  |
|        | Wed  | Run                    | WU 30mins in Z2 MAIN 20mins in Z3 WD 10mins in Z2  | Stretch        | Stretch after your run or attend yoga class                                   |
|        | Thur | Swim                   | MAIN 5x200m FC in Z3 + 30secs rests  | Core stability | Pilates class or home core-stability workout                                  |
|        | Fri  | Run                    | Run for 1hr mainly in Z2 but after 15mins sprinkle in 2x2mins in Z4  |                | RECOVERY  |
|        | Sat  | Bike                   | Ride 2hrs in Z2 to Z3. Optional cafe stop  |                | RECOVERY  |
|        | Sun  | Swim (open water)      | Swim 2.5km open water in Z2  |                | RECOVERY  |



| DAY    |      | ESSENTIAL WORKOUT      |  | OPTIONAL WORKOUT |   |
|--------|------|------------------------|--|------------------|---|
| WEEK 4 | Mon  | Swim (endurance)       | <b>MAIN</b> 300m PULL Z2 +30secs, 400m FC Z3 +40secs, 400m PULL Z4 +50 secs, 400m FC Z3 +40secs, 300m PULL Z2 +30secs                | Core stability   | Pilates class or home core-stability workout                                |
|        | Tue  | Bike (speed endurance) | <b>WU</b> 15mins in Z2 <b>MAIN</b> 2hrs alternating (5mins in Z3 to Z4, 5mins in Z2) <b>WD</b> 15mins in Z2                          |                  | <b>RECOVERY</b>   |
|        | Wed  | Swim (recovery)        | <b>MAIN</b> 800m Z2 alternating (100m FC/100m PULL)  | Run              | Run for 40mins mainly in Z2 but after 15mins sprinkle in 4x1min in Z4 to Z5 |
|        | Thur | Run (endurance)        | <b>WU</b> 45mins in Z2 <b>MAIN</b> 1hr at IM 70.3 pace (Z3) <b>WD</b> 15mins in Z2   | Core stability   | Pilates class or home core-stability workout                                |
|        | Fri  |                        | <b>RECOVERY</b>  | Stretch          | Stretch for 30mins  |
|        | Sat  | Bike to Run            | Bike 2hr 30mins in low Z3 straight into run 45mins in Z3. Consume 300 calories per hour  |                  | <b>RECOVERY</b>   |
|        | Sun  | Swim (open water)      | Swim 2.5km open water. Include 5x400m at IM70.3 pace   |                  | <b>RECOVERY</b>   |
| WEEK 5 | Mon  | Swim (endurance)       | <b>MAIN</b> 4x100m PULL Z4 +30secs, 300m FC Z2 +20secs, 3x100m PULL Z4 +30secs, 200m FC Z2 +10secs, 2x100m FC Z4 +30secs, 100m FC Z2 | Core stability   | Pilates class or home core-stability workout                                |
|        | Tue  | Bike (speed endurance) | <b>WU</b> 15mins in Z2 <b>MAIN</b> 2hrs alternating (15mins in Z3, 5mins in Z2) <b>WD</b> 15mins in Z2                               |                  | <b>RECOVERY</b>   |
|        | Wed  | Swim (recovery)        | <b>MAIN</b> 3x(100m KICK Z3, 200m PULL Z2, 100m FC Z3) +30secs   | Run              | Run for 40mins mainly in Z2 but after 15mins sprinkle in 2x3mins in Z4      |
|        | Thur | Run (endurance)        | <b>WU</b> 30mins in Z2 <b>MAIN</b> 1hr 15mins at IM 70.3 pace (Z3) <b>WD</b> 15mins in Z2  | Core stability   | Pilates class or home core-stability workout                                |
|        | Fri  |                        | <b>RECOVERY</b>  | Stretch          | Stretch for 30mins  |
|        | Sat  | Bike to Run            | Bike 2hr 45mins in low Z3 straight into run 30mins in Z3. Consume 300 calories per hour  |                  | <b>RECOVERY</b>   |
|        | Sun  | Swim (open water)      | Swim 2.5km open water. Practice open-water starts, sighting and turns around a buoy  |                  | <b>RECOVERY</b>   |
| WEEK 6 | Mon  |                        | <b>RECOVERY</b>  | Stretch          | Stretch for 30mins  |
|        | Tue  | Bike                   | <b>WU</b> 45mins in Z2 <b>MAIN</b> 15mins in Z3 <b>WD</b> 30mins in Z2   |                  | <b>RECOVERY</b>   |
|        | Wed  | Run                    | <b>WU</b> 20mins in Z2 <b>MAIN</b> 10mins in Z3 <b>WD</b> 10mins in Z2   |                  | <b>RECOVERY</b>   |
|        | Thur | Swim                   | <b>MAIN</b> 4x200m FC at steady IM70.3 pace +30secs rests  | Core stability   | Pilates class or core stability workout                                     |
|        | Fri  | Run                    | <b>WU</b> 30mins in Z2 <b>MAIN</b> 10mins in low Z3 <b>WD</b> 20mins in Z2   |                  | <b>RECOVERY</b>   |
|        | Sat  |                        | <b>RECOVERY</b>  |                  | <b>RECOVERY</b>   |
|        | Sun  | Race                   | Ironman 70.3   |                  | <b>RECOVERY</b>   |